

# **Home and Community Based Services (HCBS) 101**

**Supporting Individuals in Their  
Homes and Community**

October 2020

# Who Qualifies for Medicaid?

- Medicaid is a health insurance program for certain groups of people based on income levels and eligibility groups. Specifically, in Iowa, the groups are:
- A child under the age of 21
- A parent living with a child under the age of 18
- A woman who is pregnant
- A person who is elderly (age 65 or older)
- A person is disabled according to Social Security standards
- A woman in need of treatment for breast or cervical cancer
- Others may qualify (see list below)

# What are Home and Community Based Services (HCBS) Waivers ?

- Waive traditional Medicaid guidelines to allow non-traditional Medicaid funded services in the home and community
- Supports individualized services
- Draw down federal \$'s to fund needed services
- Serve adults and children, based on the specific waiver eligibility criteria

# Waivers are not:

- ❖ **Daycare**
- ❖ **Academic education**
- ❖ **Replacement of parental responsibility**
- ❖ **Cadillac service**
- ❖ **The only funding source**

# How to Apply

## Process Flow Chart for HCBS Waiver Applications

- ❖ [Flow Chart for Enrollment Process for New HCBS Waiver Members \(FFS and MCO\) \(Español\)](#)
- ❖ <https://dhs.iowa.gov/sites/default/files/Comm497.pdf>

# HCBS Roles

- ❖ **Income Maintenance Worker (IMW)** – reviews the application and determines financial eligibility
- ❖ **Case Manager(CM)/Integrated Health Home (IHH)** – reviews need for services, coordinates the service plan with the interdisciplinary team, seeks funding authorization and monitors comprehensive service plan implementation,
- ❖ **IME Medical Services** – reviews level of care based on an functional assessment tool and accompanying information
- ❖ **Funder** – IME allocates a funding slot and approves individual services and costs via an ISIS milestone
- ❖ **Providers** – agencies or persons enrolled/certified to provide HCBS services

# Iowa's HCBS Waiver Programs

- ❖ **Intellectual Disabilities**
- ❖ **Brain Injury**
- ❖ **Health and Disability**
- ❖ **Elderly**
- ❖ **AIDS/HIV**
- ❖ **Physical Disability**
- ❖ **Children's Mental Health**

# What do the HCBS Waivers share in common?

- ❖ **Availability-** Statewide – first come first serve
- ❖ **Target Population** – age- diagnosis - disability
- ❖ **Level of Care - SNF, NF, ICF/ID, PMIC**
- ❖ **Maximum \$ per Month and/ or per Service**
  - Services must be cost effective
- ❖ **Interdisciplinary Team (IDT) led by the member**
- ❖ **Person Centered Service Plan coordinated and monitored by a DHS SW, TCM or IHH**



# Intellectual Disability (ID) Waiver

- ❖ **Age**
  - no limit
- ❖ **Availability**
  - statewide
- ❖ **Target Population**
  - diagnosis of ID /functioning in the range of ID
- ❖ **Level of Care**
  - ICF/ID
- ❖ **Maximum \$ per Month**
  - cost effective

# ID Waiver Services

- Adult Daycare
- Consumer Directed Attendant Care
- Day Habilitation
- Home & Vehicle Modification
- Home Health Aide
- Interim Medical Monitoring and Treatment
- Nursing
- Personal Emergency Response
- Pre-vocational and Career Exploration
- Respite
- Supported Community Living
- Residential-Based Supported Community Living
- Supported Employment
- Transportation

# Brain Injury Waiver

- ❖ **Age**
  - No age limit
- ❖ **Availability**
  - statewide
- ❖ **Target Population**
  - diagnosis of specific BI, according to IAC
- ❖ **Level of Care**
  - ICF/ID
  - NF
  - SNF
- ❖ **Maximum \$ per Month**
  - Must be cost effective

# BI Waiver Services

- Adult Daycare
- Behavioral Programming
- Case Management
- Consumer Directed Attendant Care
- Family Counseling and Training
- Home and Vehicle Modification
- Interim Medical Monitoring and Treatment
- Personal Emergency Response
- Pre-vocational Services/ Career Exploration
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Employment
- Transportation

# Health and Disability Waiver

## ❖ Age

- Under age 65

## ❖ Availability

- statewide

## ❖ Target Population

- blind/disabled - SSI/SSDI or DD
- If over 21, ineligible for SSI - SSDI is OK

## ❖ Level of Care

- ICF/MR
- SNF
- NF

# Health and Disability Waiver Services

- ❖ Adult Day Care
- ❖ Homemaker
- ❖ Home health
- ❖ Respite care
- ❖ Nursing
- ❖ Counseling
- ❖ Consumer-Directed Attendant Care (CDAC)
- ❖ Interim medical monitoring and treatment (IMMT)
- ❖ Home and vehicle modification
- ❖ Personal emergency response system
- ❖ Home-delivered meals
- ❖ Nutritional counseling
- ❖ Consumer Choices Option (CCO)

# Elderly Waiver

- ❖ **Age**
  - Over 65
- ❖ **Availability**
  - Statewide
- ❖ **Target Population**
  - age 65 and over
- ❖ **Level of Care**
  - NF
  - SNF

# Elderly Waiver Services

- ❖ Adult Day Care
- ❖ Assistive Devices
- ❖ Assisted Living
- ❖ Case Management
- ❖ Chore
- ❖ Consumer Directed Attendant Care (CDAC)
- ❖ Emergency Response
- ❖ Home Delivered Meals
- ❖ Home Health Aide
- ❖ Homemaker
- ❖ Home and Vehicle Modifications
- ❖ Mental Health Outreach
- ❖ Nursing
- ❖ Nutritional Counseling
- ❖ Respite
- ❖ Senior Companion
- ❖ Transportation



# AIDS/HIV Waiver

- ❖ **Age**
  - no limit
- ❖ **Availability**
  - statewide
- ❖ **Target Population**
  - diagnosis of AIDS/HIV
- ❖ **Level of care**
  - SNF
  - NF
- ❖ **Maximum \$ per Month**

# AIDS/HIV Waiver Services

- ❖ Counseling,
- ❖ Home Health Aide
- ❖ Homemaker
- ❖ Nursing care
- ❖ Respite care
- ❖ Home-delivered meals
- ❖ Adult day care
- ❖ Consumer-Directed Attendant Care
- ❖ Consumer Choices Option (CCO)

# Physical Disability Waiver

- ❖ **Age**
  - 18 to 64
- ❖ **Availability**
  - Statewide
- ❖ **Target Population**
  - diagnosis of physical disability/not eligible for MR waiver
- ❖ **Level of Care**
  - SNF
  - ICF
- ❖ **Maximum \$ per Month**

# Physical Disability Waiver Services

- ❖ Consumer-Directed Attendant Care
- ❖ Home and vehicle modification
- ❖ Personal Emergency Response System,
- ❖ Transportation
- ❖ Specialized medical equipment
- ❖ Consumer Choices Option

# Children's Mental Health Waiver

## ❖ Age

- Under age 18

## ❖ Availability

- Statewide

## ❖ Target Population

- diagnosis of serious emotional disturbance

## ❖ Level of Care

- Psychiatric Hospital serving children under the age of 21 (Psychiatric Medical Institution for Children (PMIC))

## ❖ Maximum \$ per Month

# Children's Mental Health Waiver Services

- ❖ Environmental modifications, adaptive devices and therapeutic resources
- ❖ Family and community support services;
- ❖ In-home family therapy
- ❖ Respite care.

# State Plan HCBS Habilitation

- ❖ **Income must be at or below 150% FPL**
- ❖ **Age**
  - No age criteria, primarily serves adults
- ❖ **Availability**
  - Statewide
- ❖ **Target Population** – Individual who has met at least one of the following risk factors:
  - Has undergone or is currently undergoing psychiatric treatment more intensive than outpatient care, more than once in a lifetime (e.g., emergency services, alternative home care, partial hospitalization or inpatient hospitalization).

OR

- Has a history of psychiatric illness resulting in at least one episode of continuous, professional supportive care other than hospitalization.

# State Plan HCBS Habilitation

## ❖ Need for Assistance

- Need for assistance – the person has a need for assistance demonstrated by meeting at least two of the following criteria on a continuing or intermittent basis for at least two years:
  - Is unemployed, is employed in a sheltered setting, or has markedly limited skills and a poor work history
  - Requires financial assistance for out-of-hospital maintenance and is unable to procure this assistance without help
  - Shows severe inability to establish or maintain a personal social support system
  - Requires help in basic skills such as self-care, money management, housekeeping, cooking and medication management
  - Exhibits inappropriate social behavior that results in a demand for intervention



# HCBS Habilitation Services & Supports

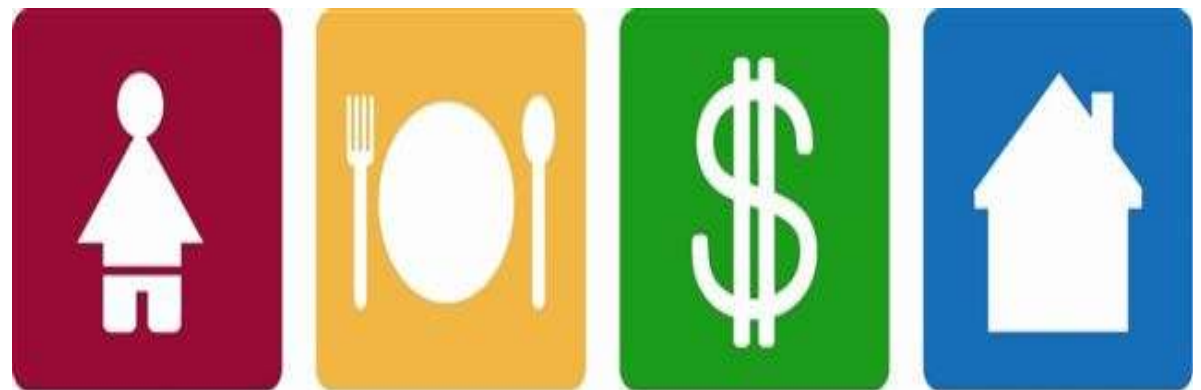
- ❖ Services designed to assist in acquiring, retaining and improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community-based settings.
- ❖ Case Management for members not enrolled in an Integrated Health Home (IHH)
- ❖ Habilitation Service
  - ❖ Day Habilitation
  - ❖ Home-Based Habilitation
  - ❖ Prevocational Habilitation and Career Exploration
  - ❖ Supported Employment Habilitation

## Role of the Targeted Case Manager (TCM), Community Based Case Manager (CBCM) and Integrated Health Home (IHH)

- ❖ HCBS Elderly, BI and ID Waiver services are coordinated and monitored by a TCM or MCO CBCM
- ❖ HCBS CMH Waiver services are coordinated and monitored by an Integrated Health Home (IHH) Team.
- ❖ HCBS Health and Disability , Physical Disability and AIDS/HIV Waiver services are coordinated and monitored by a DHS TCM or MCO CBCM
- ❖ State Plan HCBS Habilitation Services are coordinated and monitored by a Targeted Case Manager or Integrated Health Home (IHH) Team.

## Role of the Targeted Case Manager (TCM), Community Based Case Manager (CBCM) and Integrated Health Home (IHH)

- ❖ Help individuals meet their needs, promote their independence, and self-determination
- ❖ Act as an advocate
- ❖ Facilitate the individual's access to the service system
- ❖ Facilitate access to health and mental health care
- ❖ Coordinate the delivery of services and develop the person-centered service plan
- ❖ Promote ongoing communication
- ❖ Monitor service utilization
- ❖ Monitor the service plan to ensure that services are being received and that the services are meeting the individual's needs



# CONSUMER CHOICES OPTION

# What is different about CCO?

- ❖ Members can directly hire employees to provide services- Service providers do not need to be a certified/enrolled Medicaid provider
- ❖ Members can use their Medicaid HCBS Waiver \$'s to purchase goods/services
  - example: hire a co-worker to be their job coach
  - example: hire a neighbor to provide transportation
  - example: purchase a microwave to assist with independence in meal preparation
- ❖ Financial Management Service provider to help manage the individual budget
- ❖ Additional counseling and advice through an Independent Support Broker

# What remains the same with CCO?

- ❖ All members will have a person centered service plan based on assessed needs
- ❖ Skilled services such as such as Nursing, Counseling, Home Health Aide, etc. will continue to be provided by Medicaid providers
- ❖ Case Management will continue to monitor services

# Which HCBS Waivers have the CCO?

- ❖ **Intellectual Disability**
- ❖ **Brain Injury**
- ❖ **Health and Disability**
- ❖ **Elderly**
- ❖ **AIDS/HIV**
- ❖ **Physical Disability**

# CCO Service Options

- ❖ Self-directed Personal Care- cleaning, meal preparation, showering assistance, respite
- ❖ Self-directed Community and Employment Supports- social skills development, career placement, cooking skills development
- ❖ Individual Directed Goods and Services- HVM, snow removal, lawn care services, home delivered meals



# HCBS Online Resources

Department of Human Services: <http://www.dhs.iowa.gov/>

Iowa Medicaid Enterprises: <http://dhs.iowa.gov/ime/about>

Iowa Medicaid Enterprise Member Information:

<http://dhs.iowa.gov/ime/members>

HCBS Home: <http://dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/waivers>

DHS Office of Policy Analysis (Rules):

<http://dhs.iowa.gov/ime/providers/rulesandpolicies>

Iowa COMPASS Disability Resource Database:

<http://search.iowacompass.org/>

# HCBS Rules , Provider Manual and Informational Letters

- <https://dhs.iowa.gov/ime/providers/rulesandpolicies>

# HCBS Waiver Program Managers

Intellectual Disability & Consumer Choices Option (CCO)  
Aids/HIV, Physical Disability & Health and Disability: ,:

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Brain Injury Waiver , Children's Mental Health Waiver,  
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